

Making healthy choices ...

IT'S UP TO
ME!



AADAC

Alberta Alcohol and Drug Abuse Commission
An Agency of the Government of Alberta

Sometimes...



it seems as if you'll never be allowed to make choices on your own.

But more and more, as you get older, you'll be the one who's in charge of your life.

You probably have ideas about, and may even be making decisions about drinking, smoking, and drug use. With each decision you make, you'll learn more about yourself, what's important to you, and how to make things happen the way you want them to.

Growing up means you sometimes have to make tough choices. These choices don't always feel good at first, even though deep down you know they're the right ones. Talking to people you respect and trust can help you to make the best choices.

This book is a fun way to help you look at some of the choices you are already making. You might want to share what you put in this book with friends, parents, or teachers.

Other people can help you make choices, but in the end, it's up to you.

Only you can make yourself the best you can be!



ME! ME! ME! ME! ME!

In all the world, there is only one ME. Nobody looks exactly like me, or sounds like me, or smiles, or laughs like me.

Nobody eats an Oreo cookie like I do.

Nobody likes seeing pictures of the Earth from space exactly like I do.

Nobody knows how to make their bed just well enough so Mom doesn't complain like I do.

Nobody grosses out over brussel sprouts exactly like I do.

Nobody can draw, or sing, or dance, or run, or just sit and think exactly like I do.

Nobody likes or hates exactly the same types of things like I do.



Does that mean I'm better than anyone else? Well, I might be better than most people at some things. Other people might be better than me at other things. But nobody's better than me, or even close to being as good as me, at being ME.

When something is rare, it's worth a lot.

Diamonds and gold are rare, and people really want to have them. So, if I'm the only one in the universe who's like me, what does that mean? It means that I must really be rare, and worth a lot. It must mean that I'm worth people's respect, and that includes treating myself with respect, too.

So next time somebody says to me, "Oh, you're just like so-and-so," I can say, "No I'm not. I'm ME!" And I know that, all by itself, just being me makes me special.

How Do You Like You So Far?



As much as you like to get along with other people, the most important person to get along with is yourself! If you like yourself, other people will probably like you too! **Circle the answer** that most sounds like you.

1. Your family comes from outside of Canada, and some of your family traditions seem strange to your friends. You decide to:

- a. be embarrassed, and tell your friends that your parents are really weird.
- b. put up with it, and not talk about it too much with your friends.
- c. learn as much as you can about your traditions, and teach your friends about them.



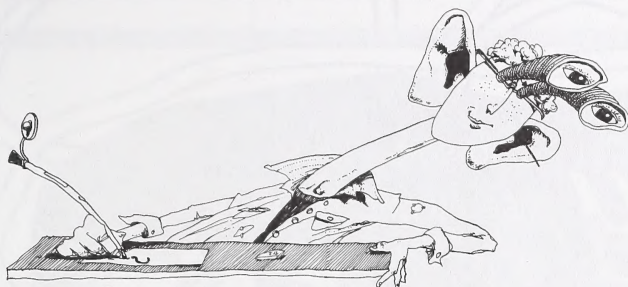
2. Your friends are all wearing a certain type of clothes and your parents won't buy you any. You:

- a. feel like a total geek and refuse to go to school.
- b. make do with what you have in your closet.
- c. make the coolest outfit out of what you have and be proud that you've got the guts to be different.

3. Your best friend tells you a secret that you're just dying to tell another friend. You see that other friend walking toward you and you:

- a. keep the secret and feel bad about not being able to tell.
- b. realize that you wouldn't want anyone to tell your secret, so why should you tell your friend's?
- c. blab the secret.





4. You have a surprise spelling test and you hate spelling. The best speller in class is sitting in front of you, and you can see their paper perfectly. You decide to:

- do your best without cheating.
- copy everything down that you see on the good speller's test.
- move to a different seat so you won't be tempted to cheat.

5. Some kids are making a snow fort at recess, but you can't help because you're wearing gloves instead of mitts like them. You decide to:

- run home and get your mitts.
- start building your own snow fort with other kids who are wearing gloves.
- feel bad because you don't have any friends.

6. You like a kid in your class that no one else seems to like. You decide not to invite her to your birthday party because your best friend tells you not to. After the party, some of the other kids are teasing her because she wasn't invited. You decide to:

- apologize to her and say that you made a mistake by not inviting her.
- join the other kids in teasing her.
- feel really bad and tell yourself that you'll never do that again.



Scoring Chart:

Give yourself points for each question according to the chart below. For example, if you answered "b" to question #1, give yourself 2 points for that question. Then add up all your points.

1. a) 1	b) 2	c) 3
2. a) 1	b) 2	c) 3
3. a) 2	b) 3	c) 1
4. a) 2	b) 1	c) 3
5. a) 2	b) 3	c) 1
6. a) 3	b) 1	c) 2

Evaluation:

A. 15 - 18 points:

Hey! You must like yourself a lot. You treat yourself like you'd treat someone you care about, and even though this doesn't always make you feel good at first, you end up feeling better in the end. Keep it up!

B. 10 - 14 points:

You probably get along pretty well with yourself most of the time, but every now and then you do things where you just don't feel good about yourself afterward. It helps to ask yourself if you'd treat your best friend the same way you treat yourself or the way you sometimes treat other people.

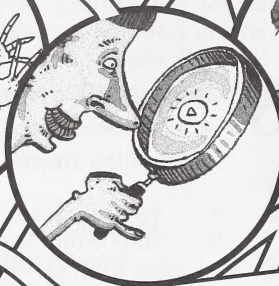
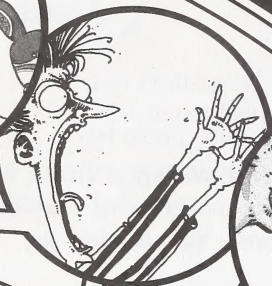
C. 6 - 9 points:

Oops! Looks like you don't always get along with yourself very well, and you let other people decide how you should think and feel a lot of the time. It's sometimes hard to be different from other people, especially when you want them to like you. In the end, it's more important that you like yourself. After all, no one has to live with you like you do!

Why

...do some kids
use alcohol & other
drugs?

Follow the
maze, match the
cartoons to the
reasons.



TO DEAL WITH BOREDOM

What do you do when
you're bored?

Make a list of
things you
like to do and read it
when you're bored.

TO FIT IN

Fitting in with friends is
important. And so is being
true to yourself!

How can you fit in with your
friends in non-drug using
ways?

TO ESCAPE PROBLEMS

Does escaping from
problems help you
solve them?

What are some good ways to help
you solve problems?

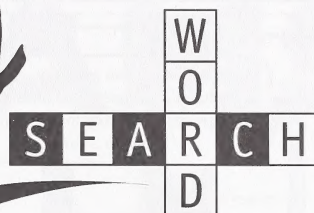
TO SATISFY CURIOSITY

Can curiosity get you into trouble?

What else are you curious about?

What are some good things that
you can learn by being curious
about them?

Feelings



People sometimes use drugs to change the way they feel. We all have many different feelings and we can learn positive ways to express and handle these feelings.

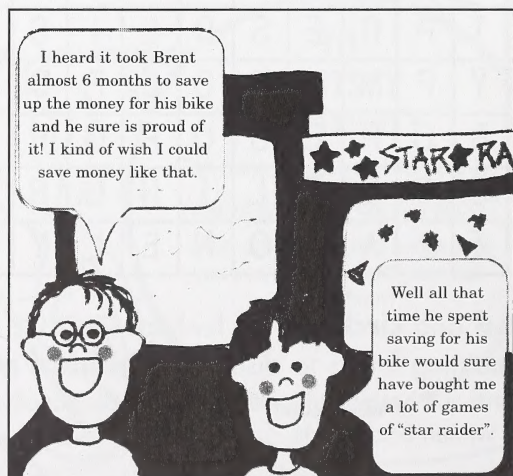
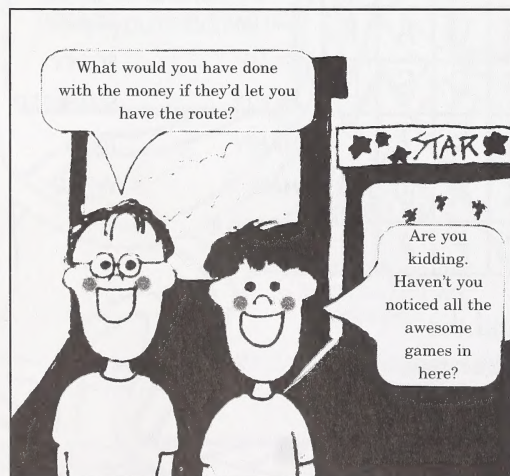
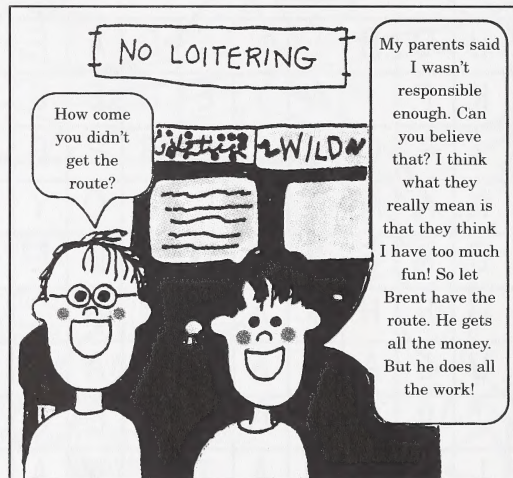
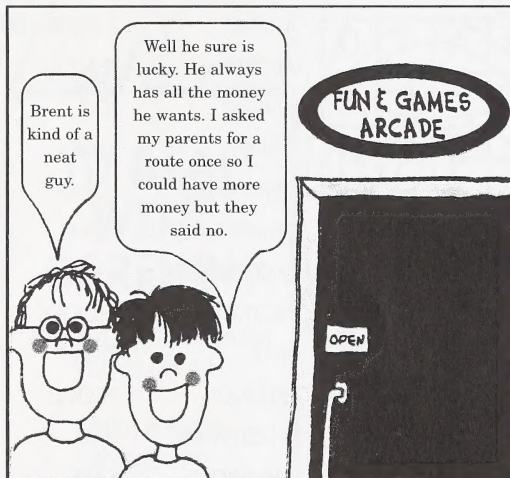
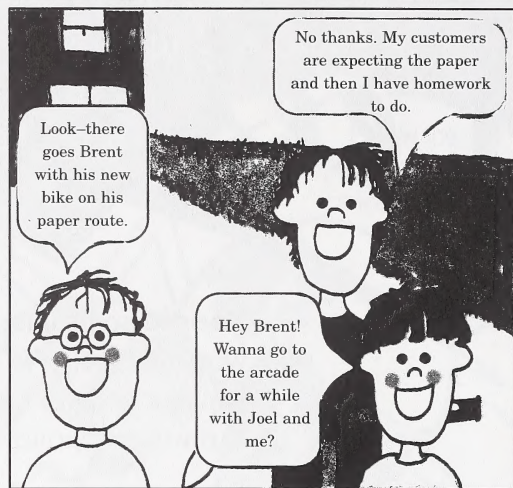
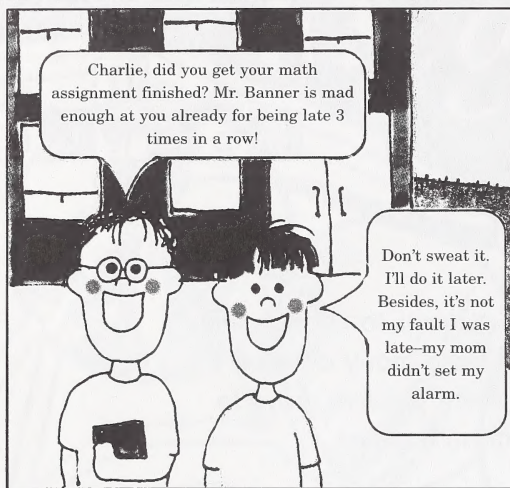
S	U	O	R	E	N	E	G	A	F	R	A	I	D
U	K	F	I	N	T	E	R	E	S	T	E	D	Y
O	I	E	O	U	S	U	R	P	R	I	S	E	D
L	N	A	M	A	R	C	J	O	Y	W	D	T	F
A	D	R	F	B	N	D	A	E	E	E	E	N	E
E	G	E	H	I	A	E	M	R	T	I	S	I	V
J	U	L	A	U	A	R	I	A	E	R	U	O	O
E	I	P	N	N	R	I	R	G	D	D	F	P	L
X	L	S	G	H	A	T	E	A	A	A	N	P	U
C	T	R	R	E	S	D	L	I	S	M	O	A	F
I	Y	P	M	U	R	G	U	P	O	S	C	S	E
T	B	O	R	E	D	O	R	O	R	T	E	I	P
E	O	F	E	E	L	I	N	G	R	A	N	D	O
D	T	!	A	L	O	N	E	L	Y	P	P	A	H

AFRAID	INTERESTED
ALONE	JEALOUS
ANGRY	JOY
BORED	KIND
CONFUSED	LONELY
DISAPPOINTED	LOVE
EMBARRASSED	MAD
EXCITED	MOOD
FEAR	PAIN
FEELING	PROUD
FRUSTRATED	SAD
GENEROUS	SAFE
GRUMPY	SCARED
GLAD	SORRY
GUILTY	SURPRISED
HAPPY	TIRED
HATE	WEIRD
HOPEFUL	
HURT	

Find and **circle** all the feelings words*. Find the remaining letters to discover a **hidden message**!

* Words run horizontally, vertically and diagonally. Some words are written backwards.

Charlie and Joel starring in: *One Day After School...*



SMALL STEPS TO

BIG

DREAMS

Having dreams and goals is really important. They help us go after the things that are valued by us. And they help us make life turn out the way we want it to, not just the way other people want it to.

Here are some ways to help you turn some dreams into reality.

1. Write down everything you would like to have and do in life on a piece of paper. Let your imagination go wild!
2. Pick the three dreams or goals that are most important to you.
3. For each one, plan a few small steps that you know you can do every day or week to make your goal happen. Check out the example to see what we mean.
4. Celebrate each accomplishment ... we knew you could do it!

goal

1 _____

2 _____

3 _____

goal

1 _____

2 _____

3 _____

goal

1 _____

2 _____

3 _____

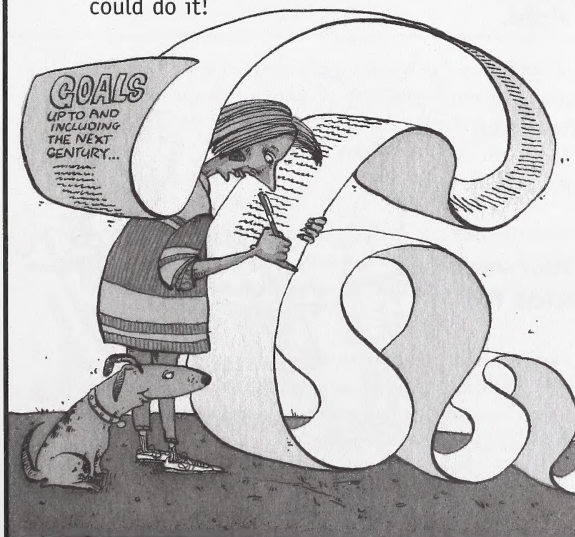
EXAMPLE

Goal: To buy that new skateboard that I want in 6 months.

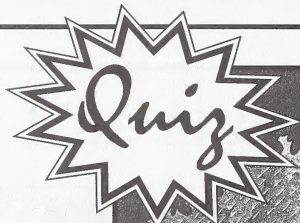
Step 1: Get mom or dad to help me open up a savings account at the bank.

Step 2: Put half my weekly allowance in the account every week, plus half of any money I get for birthdays, etc.

Step 3: Check out different stores to find the best price.



6



Spine-Tingling Questions

about Common Sense



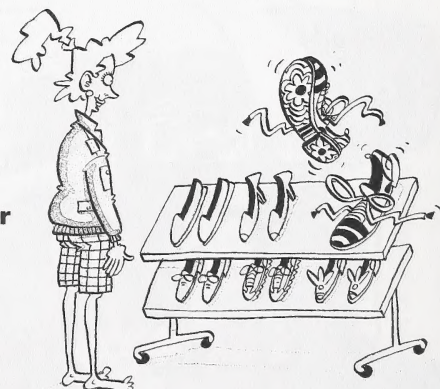
Too often, common sense is something adults say you don't have, as in "Where's your common sense?" Common sense is just using your head to make smart choices. We've all got common sense. We just don't always use it as well as we might. Common sense is something you can learn. Circle the answer that sounds most like you.

1. You get ten dollars in a birthday card from your grandmother. Your parents remind you that it could go toward that Sega game you want. You can think of a million things to spend it on right now, so you:

- a. go to the mall and blow it on the first thing you see.
- b. make a list of the things you want, carefully think about what you want the most, and go buy it.
- c. think about that Sega game and put the money in the bank.

2. Your parents have agreed to buy you the footwear of your choice, no velcro attached. You decide to:

- a. get some Nikes just like everyone else.
- b. lace up the sensible shoes 'cause gosh they go so well with everything.'
- c. get the coolest shoes you can find because hey, they're so you!



3. You're at school and the teacher isn't in the classroom. Your best friend tells you to pour glue all over the top of the desk of someone you don't like. He hands you the glue and:

- you dump it on the person's desk.
- you dump the glue on your best friend's desk.
- you put the glue down. After all, the teacher's bound to walk in any second.

4. You're walking home from school and your neighbour's dog starts barking and snarling at you. He looks really mad, so:

- you keep walking home, carefully keeping out of the dog's way.
- you reach through the fence and pat the dog on the head.
- you bark and snarl back at the dog.



5. You wiped out on your skateboard and your knee really hurts. Your mom's already given you an aspirin, but you think another aspirin will help you feel better faster. You know where the aspirin is:

- but you decide to watch TV to take your mind off of it instead.
- so you go get another one.
- but you wait for a bit for the first aspirin to kick in.

6. Your older sister forbids you from ever going into her room, but she goes into yours whenever she wants. This really bugs you, so:

- you keep quiet. After all, she's bigger than you.
- you tell on her.
- you ask her politely to respect your room like she wants you to respect hers.



Evaluation:

A. 15 - 18 points: Either you're completely together about the value of common sense, or you got your parents to help you with the answers. And even that shows common sense. With all that common sense, you are really an uncommon person (not many people use their common sense as much!).

B. 10 - 14 points: This common sense thing works for you. Most of the time. You know when something is right, but sometimes not until it's too late. That's OK. Common sense comes with practice and you are well on your way to making the team.

C. 6 - 9 points: Time to think about where you might get some common sense! Common sense is nothing more than making a decision that doesn't hurt you or other people. It just means taking the time to think things through (even a little bit) before you jump into a decision. Keep working at it!

Scoring Chart:

1. a) 1	b) 2	c) 3
2. a) 2	b) 1	c) 3
3. a) 1	b) 2	c) 3
4. a) 3	b) 1	c) 2
5. a) 3	b) 1	c) 2
6. a) 1	b) 2	c) 3

Give yourself points for each question according to the chart below. For example, if you answered "b" to question #1, give yourself 1 point for that question. Then add up all your points.

SMOKE SCENES

We've all heard how smoking is bad for your health, expensive, smelly, and obnoxious. But despite all the warnings, hacking coughs, wheezing lungs, and medical evidence, some people continue to light up.

So we've decided to lighten up. Here's your chance to show what you think about smoking. This is your chance to develop a cartoon on the next page to explain what you think.

time she is 50 years old she will have spent over \$75,000 on cigarettes.



Kim started smoking when she was 11 years old. Now at age 16, as a pack-a-day smoker,

she has smoked approximately 38,500 cigarettes and spent close to \$7,000 on her habit. If cigarettes stay the same price (ya, sure) and Kim doesn't quit smoking, by the

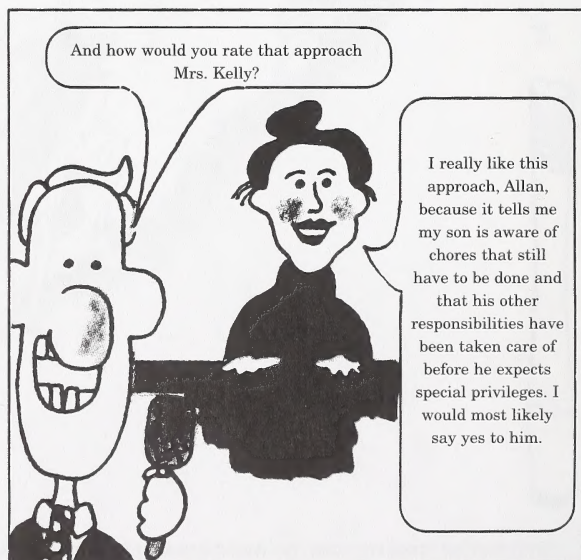
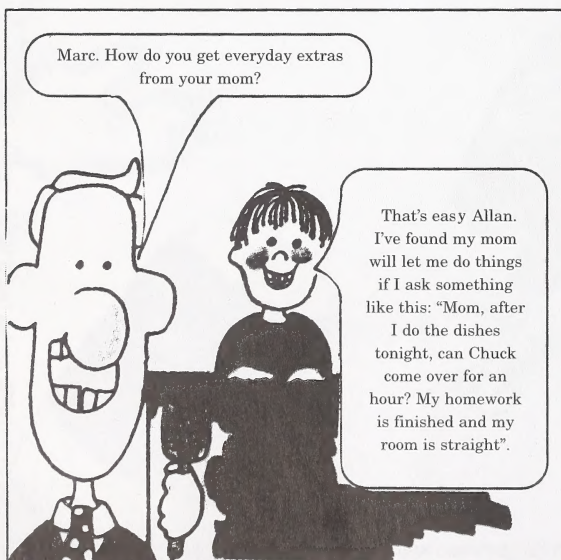
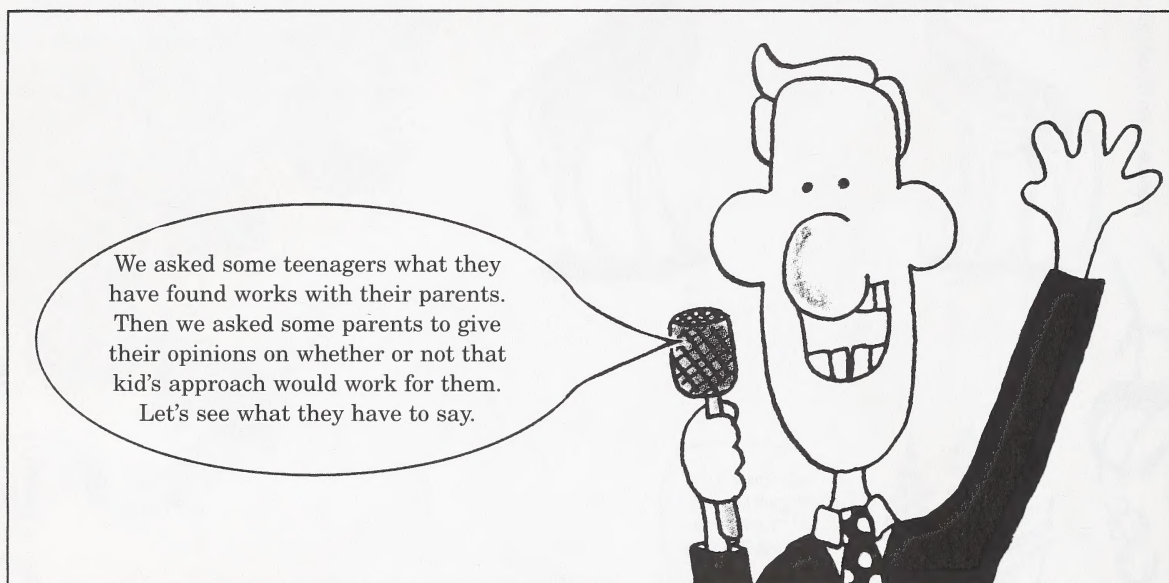


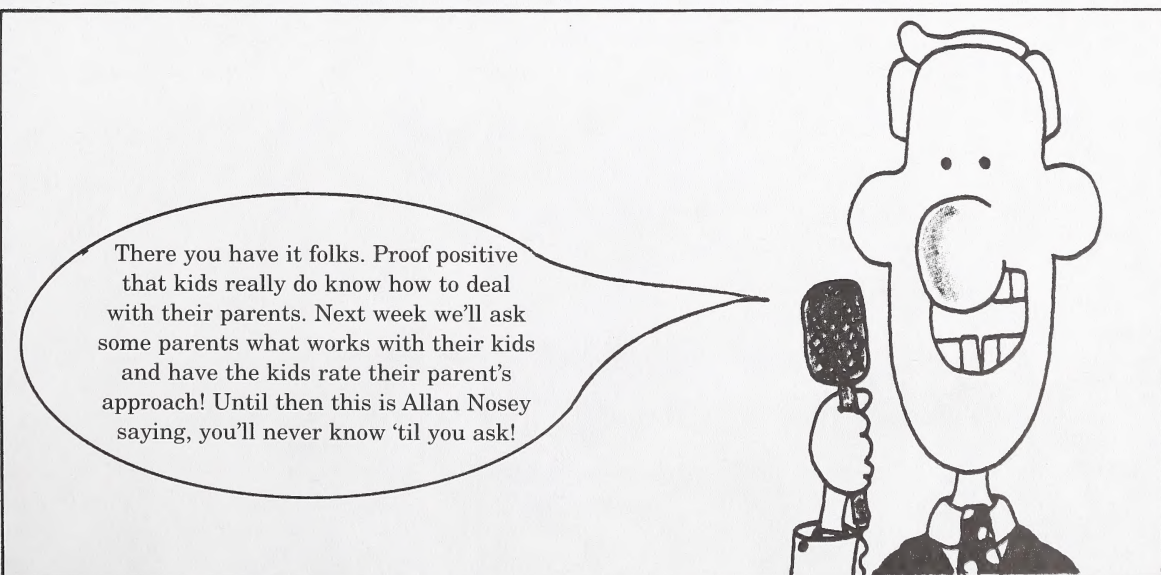
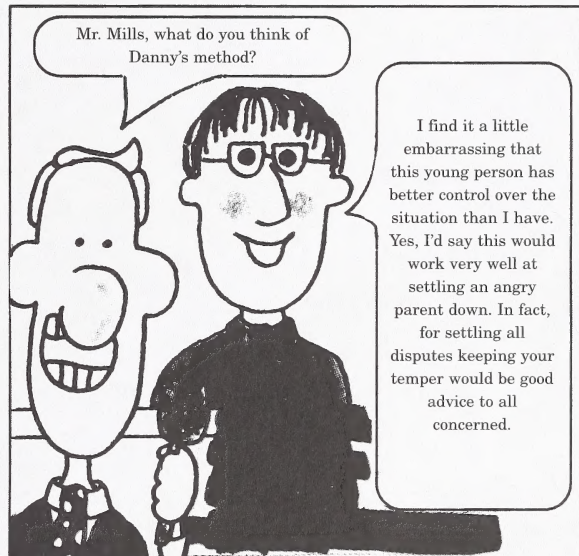
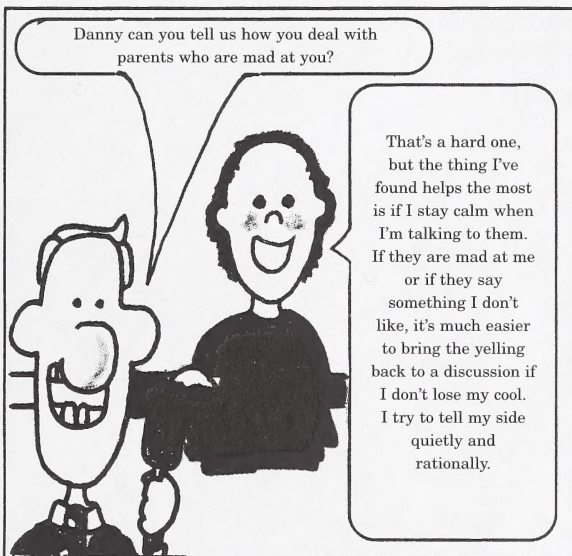
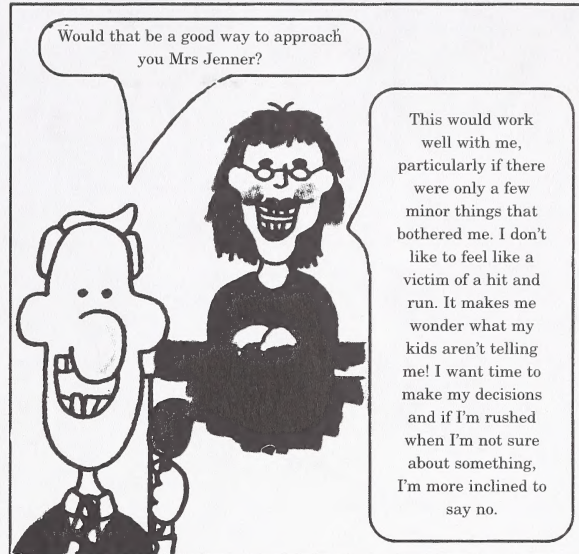
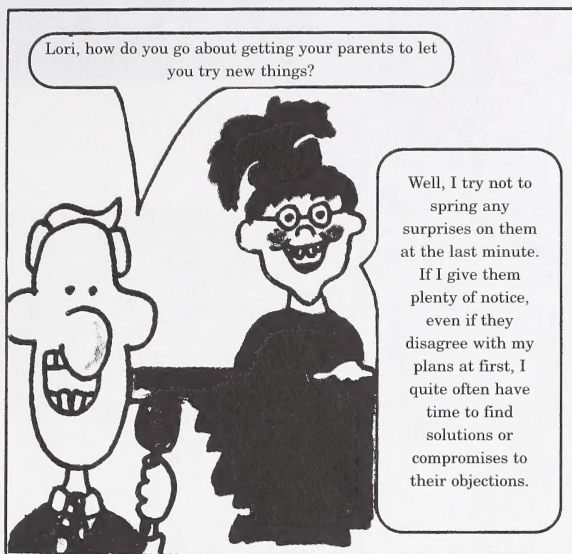
Don started smoking when he was 10 years old. Now, at 18, he has smoked approximately 60,225 cigarettes and spent a few times every year, just imagine all that money going up in smoke!

don't quit, Kim and Don will each will smoke close to half a million cigarettes! At a cost of 22 cents a cigarette and increasing close to \$11,000 on his habit. When asked, Don said: "Just look at the money I could have had—I could have bought a car! That's disgusting!" Over their lifetime, if they

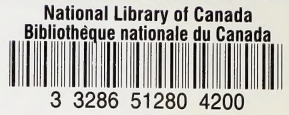
THE "ALLAN ASKS" SHOW

The best choices you can make are the ones where everyone gets a little of what they want. This is sometimes called a "win-win" situation. Read through the cartoon, and ask yourself how you would answer Allan's questions. How do you think your parents would react?



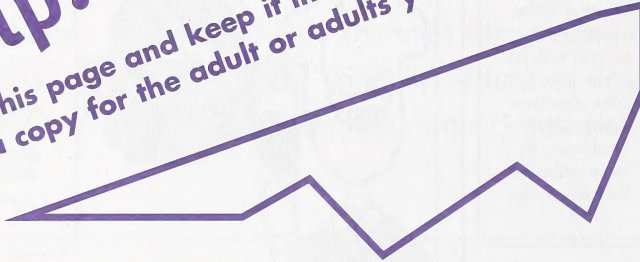


This is the route
I always take to school.



Help... yourself!

Fill out this page and keep it in a safe place.
Make a copy for the adult or adults you live with.



On your route to school, circle and name
the places you could go for help.

My home phone number is _____

My home address is _____

In case of an emergency, I call _____

My parent's or guardian's work number is _____

Another grown-up I can always
call for help is _____ phone _____

My doctor's name is _____ phone _____

My neighbour's name _____ phone _____

My best friends are _____ phone _____
_____ phone _____

When things get tough, it can seem hard to know what to do. Parents are usually the best first line of help. If you don't think they would understand, remember, they were once your age too!

Still, sometimes things can seem too tough to talk to Mom or Dad about. There are other people, though. Teachers, counsellors, peer support team members, neighbours, grandparents, and your friend's parents, can sometimes help. There are also phone numbers you can try. You can call without giving your name, any time day or night for free.

Child Abuse Hotline: 1-800-387-5437

Kids Help Line: 1-800-668-6868

For help or information about alcohol, other drugs, and gambling problems, call the:

Alberta Alcohol and Drug Abuse Commission (AADAC)

(See your phone book for phone numbers)

AADAC Keep talking to people...
until you find someone to help.